

同心協力 培育未來

Working Together to Nurturing the Future

2019 世界防止自殺日

WORLD SUICIDE PREVENTION DAY 2019



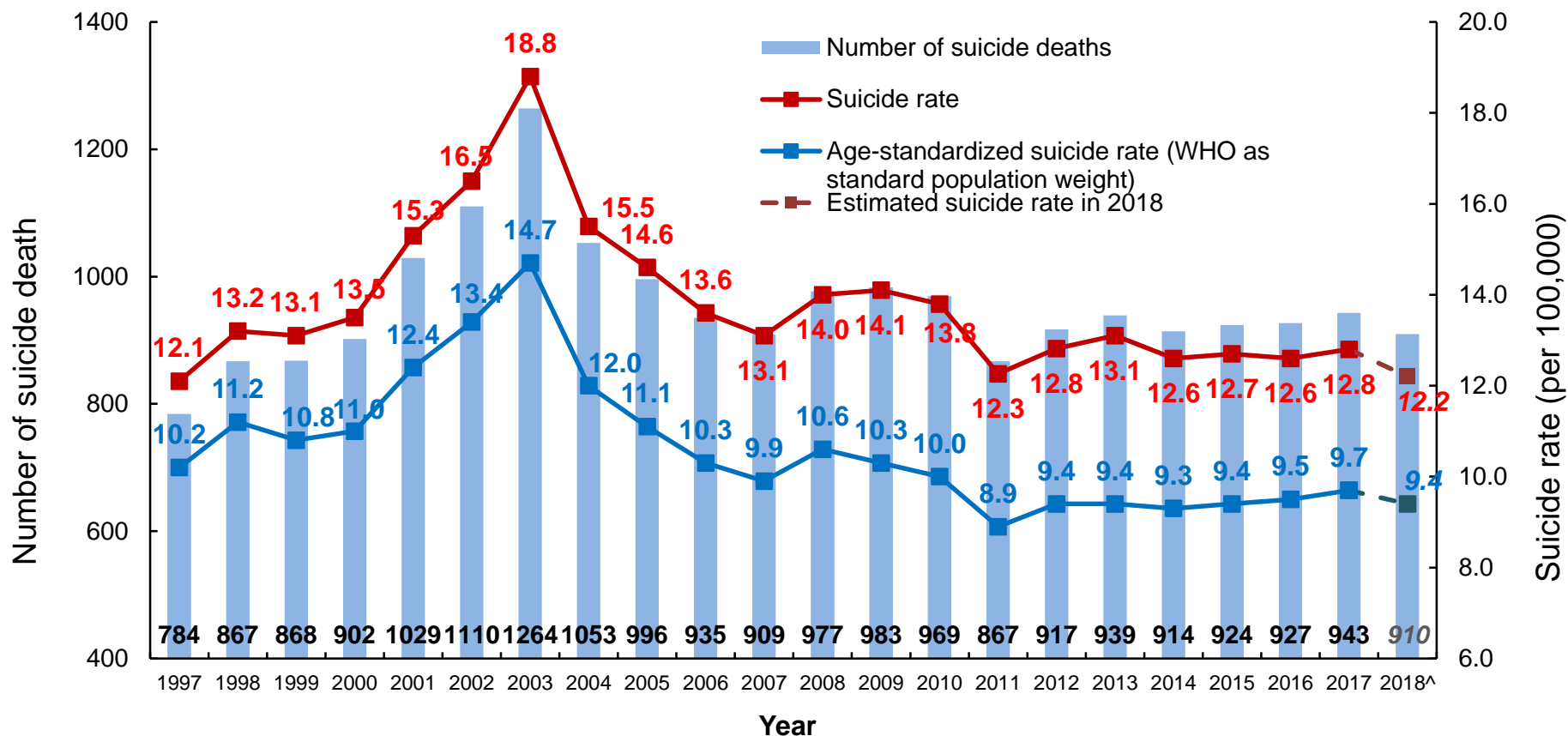
THE HONG KONG JOCKEY CLUB
Centre for Suicide Research
and Prevention
THE UNIVERSITY OF HONG KONG
香港大學香港賽馬會防止自殺研究中心



Agenda

- 1.Update on the suicide rates in Hong Kong
- 2.Service introduction of Open Up

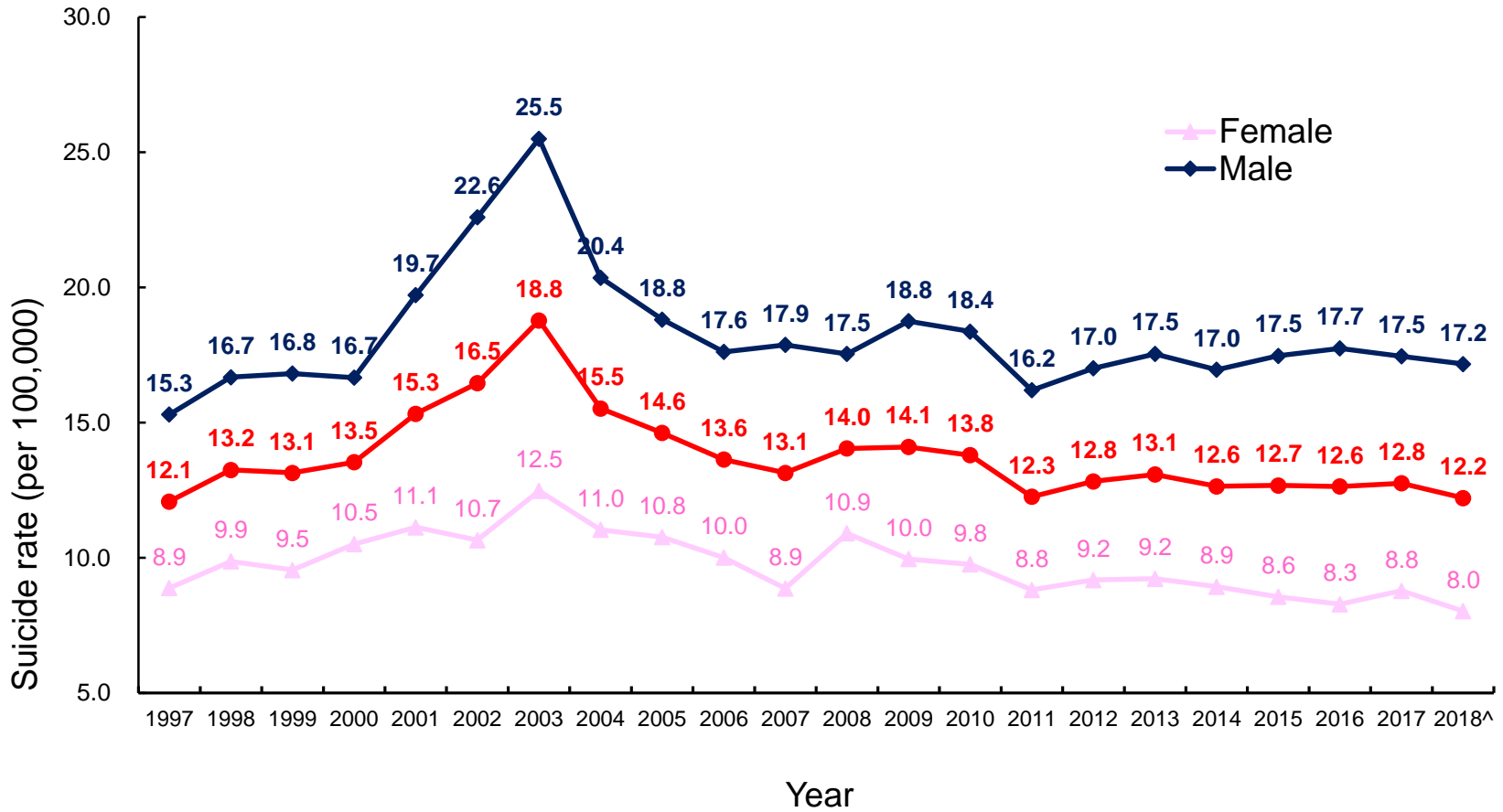
Number of suicides and suicide rates in Hong Kong, 1997-2018[^]



2016 annual global age-standardized suicide rate: 10.5 per 100 000 population (WHO, 2018).

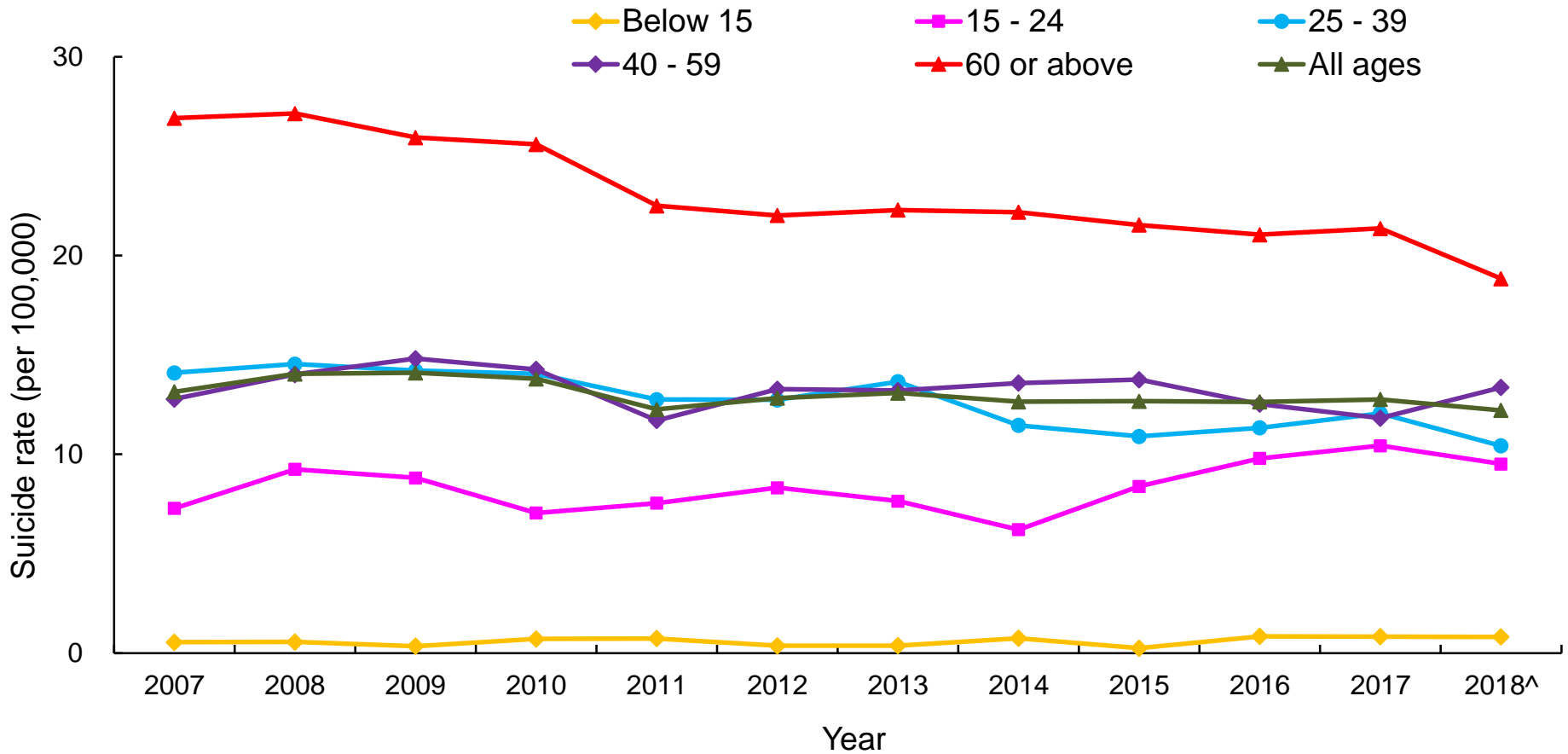
[^] Estimated numbers. According to data from Coroner's Court, with registered death date up to 31 July 2019.

Suicide rates by gender in Hong Kong, 1997-2018[^]



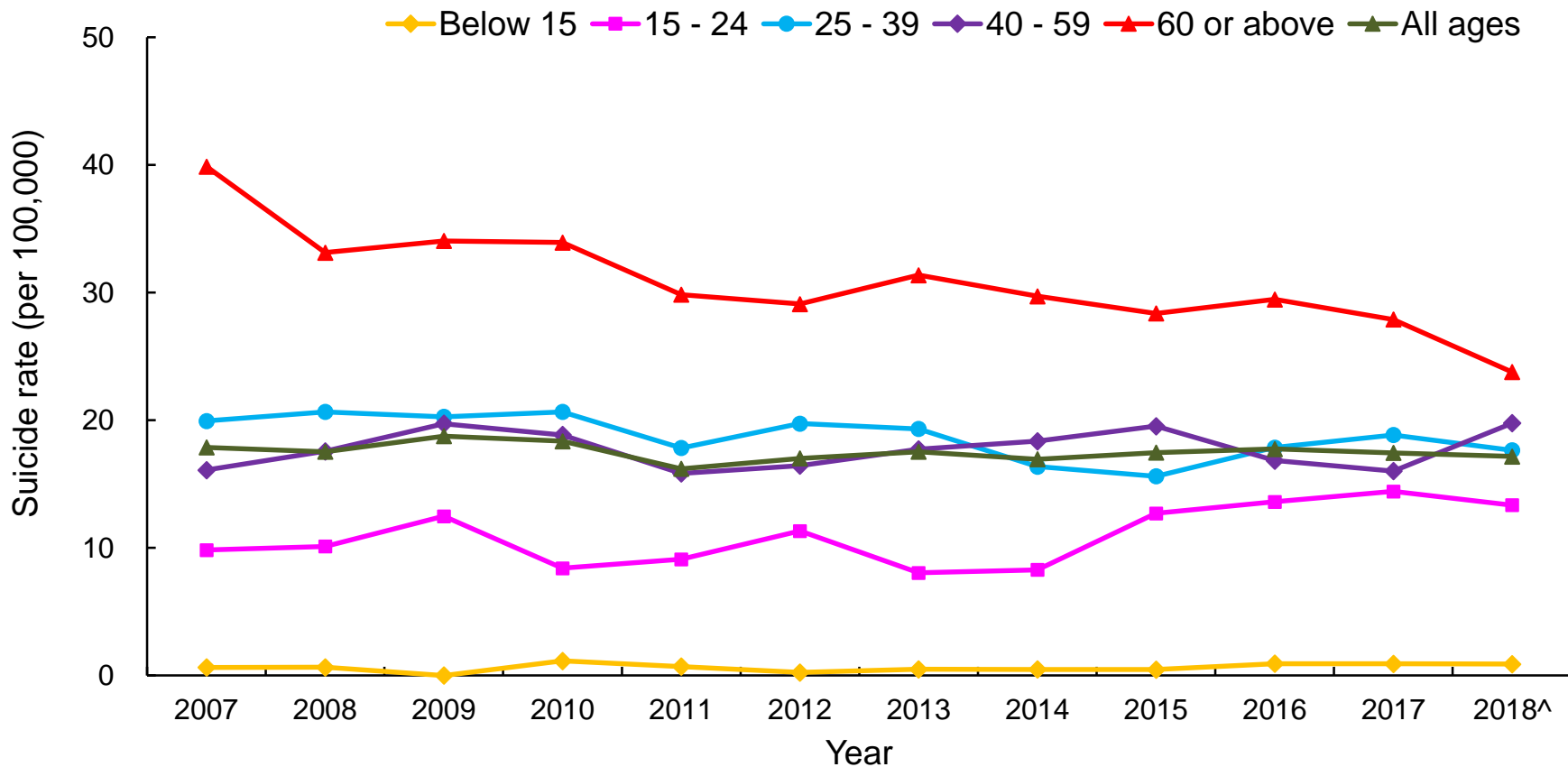
[^] Estimated numbers. According to data from Coroner's Court, with registered death date up to 31 July 2019.

Suicide rates by age group in Hong Kong, 2007-2018[^]



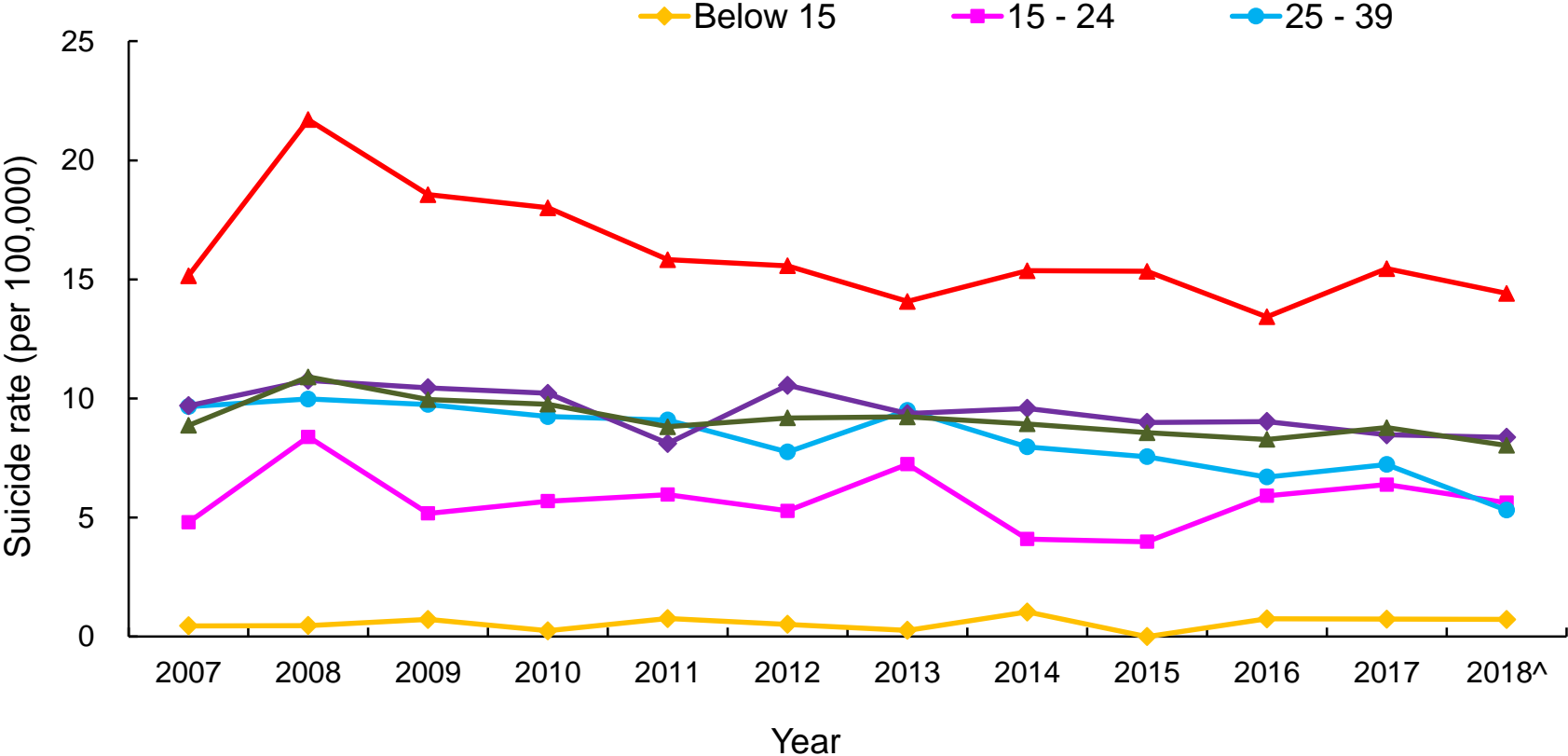
[^] Estimated numbers. According to data from Coroner's Court, with registered death date up to 31 July 2019.

Male suicide rates by age group in Hong Kong, 2007-2018[^]



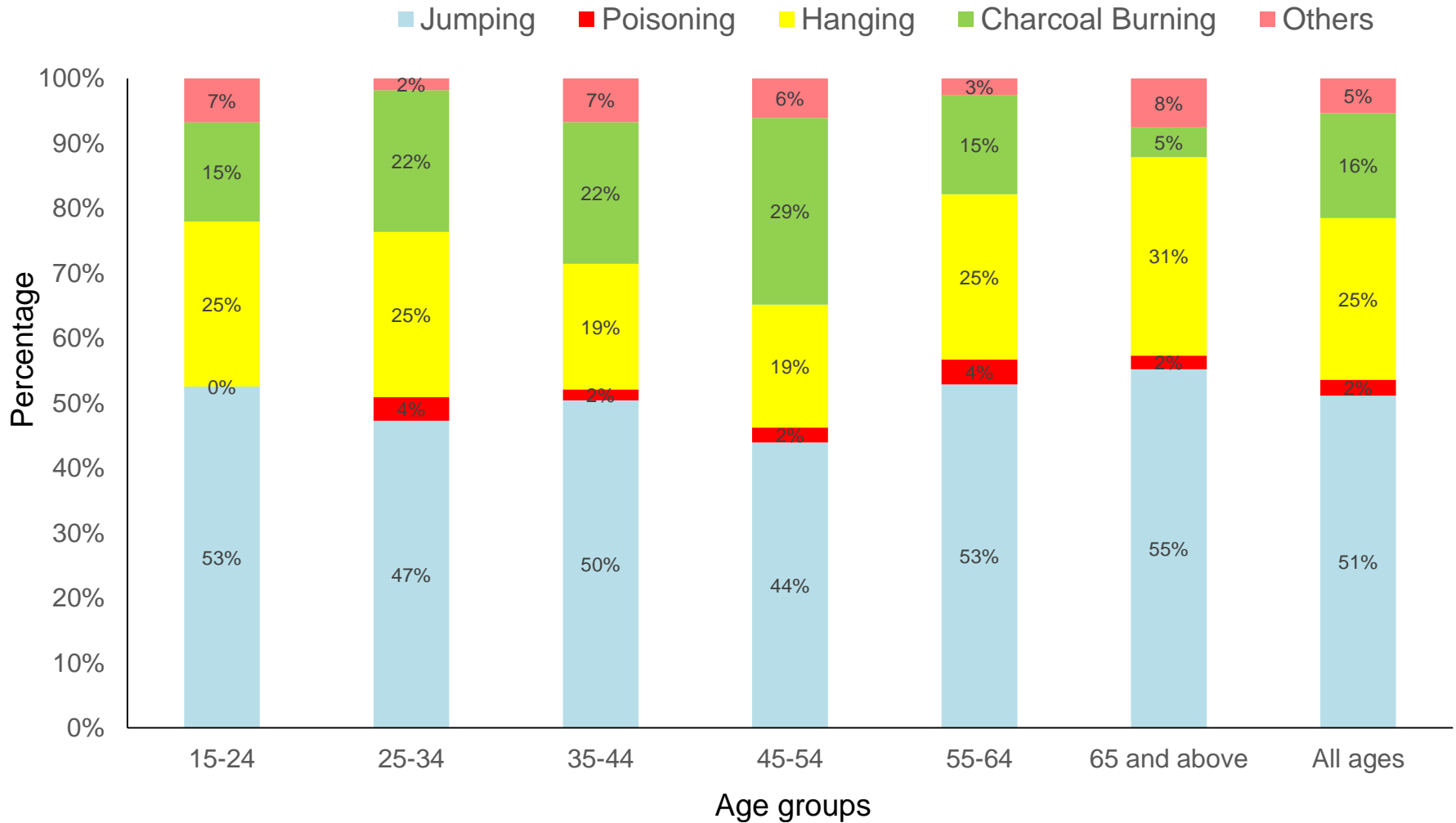
[^] Estimated numbers. According to data from Coroner's Court, with registered death date up to 31 July 2019.

Female suicide rates by age group in Hong Kong, 2007-2018^



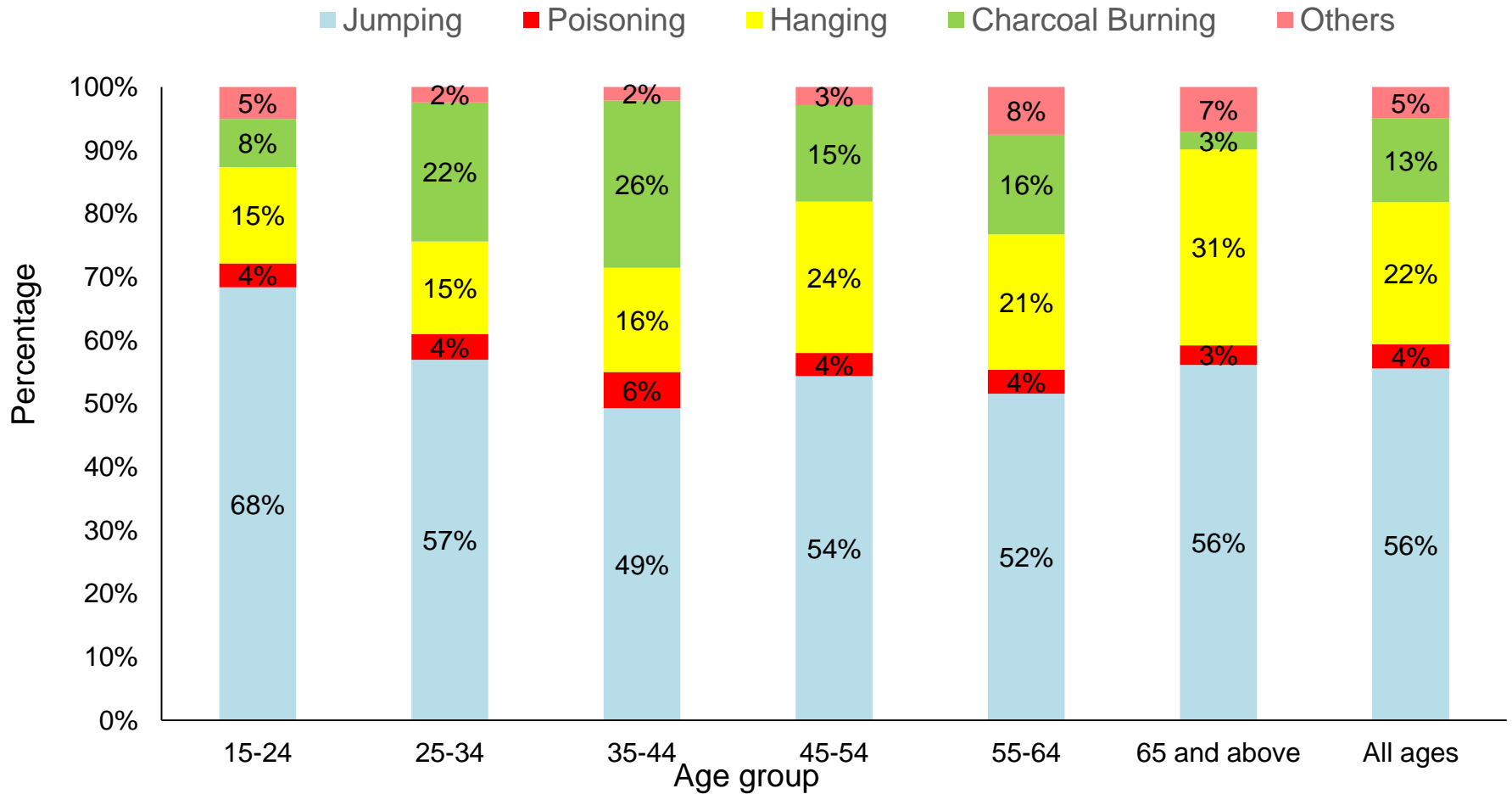
^ Estimated numbers. According to data from Coroner's Court, with registered death date up to 31 July 2019.

Distribution of method of suicide by age group in Hong Kong, 2018[^]



[^] Estimated numbers. According to data from Coroner's Court, with registered death date up to 31 July 2019.

Distribution of method of suicide by age group in Hong Kong, 2017



List of regions ranked by Suicide rate among youths (Aged 15-24) in 2016

Regions	Suicide rate (per 100,000 people) (descending order)	Trend of Suicide rate in the whole population	Trend of Suicide rate in the young population
United State of America (USA)	13.9	↑	↑
Japan	12.9	↓	↑
Australia	11.9	↓	-
Hong Kong	9.8	↓	↑
South Korea	9.7	↓	↑
Singapore	6.9	↑	↑
United Kingdom (UK)	6.1	↑	↑

Suicide news in Singapore and USA

Singapore

Suicides in Singapore up 10% last year, record high among boys



(Photo: Pixabay/Daniel Reche)

SINGAPORE: The number of suicides in Singapore rose 10 per cent last year, with suicides among boys aged 10 to 19 at a record high, the Samaritans of Singapore (SOS) said on Monday (Jul 29).

Suicide among teens and young adults reaches highest level since 2000

Nation Jun 18, 2019 2:16 PM EDT

The rate of U.S. adolescents and young adults dying of suicide has reached its highest level in nearly two decades, according [a report](#) published today in the Journal of the American Medical Association.

Suicide news on South Korea and Japan

S. Korea's suicide mortality rate on decline for all age groups, except in 20s

By Kim Arin

One in 2 deaths of Koreans in 20s by suicide in 2017

Published: Jun 12, 2019 - 17:59

Updated: Jun 12, 2019 - 17:59



South Korea's suicide mortality rates across all age groups have been steadily declining since a 2011 peak, except for people in their 20s, data showed Wednesday.

The Ministry of Health and Welfare and Korea Suicide Prevention Center said Tuesday the country's overall suicide death toll in 2017 had decreased by 4.8 percent from 2016's 13,092. This marked a notable decline from 2011's 15,906 -- down by 3,443 to 12,463 in 2017 -- when the suicide toll reached its highest on record since the government began tracking data in 1987.



Korea Suicide Prevention Center in Jung-gu, central Seoul (Yonhap)

Japan's youth suicide rate highest in 30 years

By Yoko Wakatsuki and James Griffiths, CNN

Updated 0619 GMT (1419 HKT) November 6, 2018



Schoolgirls walk home at Ebisu district in Tokyo on September 4, 2017. Young people are killing themselves in Japan at a high rate.

Tokyo (CNN) — More Japanese children and teenagers killed themselves between 2016 and 2017 than in any year since 1986, according to a new government report.

Summary 總結

- The estimated suicide rate in Hong Kong was 12.2* in 2018, which was lower than 12.8 in 2017.
估測2018年香港的自殺率為12.2*，較2017年的12.8低。
- The age-standardized suicide rate in Hong Kong was estimated at 9.4 in 2018, which was lower than the global rate of 10.5 for 2016 (WHO, 2018).
香港2018年的年齡標準化自殺率估測為9.4，低於國際2016年水平的10.5（世界衛生組織，2018）。
- Compared to 2017, the suicide rate of both male and female estimated for 2018 has slightly decreased.
對比2017年，估測2018年的男、女自殺率輕微下降。
- There is also a decrease in elderly suicide rate.
高齡人士自殺的情況持續改善。
- The suicide rate of children aged 0 to 14 maintained at a low level of 0.8 in the last three years.
0-14歲兒童的自殺率於這3年間一直徘徊在 0.8，維持低水平。
- The suicide rate of the age group 15 to 24 increased from 8.3 in 2012 to 10.4 in 2017 but dropped to an estimated 9.5 in 2018.
15-24歲青少年的自殺率由2012年的8.3 上升至2017年的10.4，但2018年則下降至估測的9.5。

*All suicide rates are calculated as per 100,000 people.

*所有自殺率的計算以每十萬人計。

Jockey Club Online Youth Emotional Support – Open Up

賽馬會青少年情緒健康網上支援平台「Open 嘢」



Top 10 highlights of Open Up 有關「Open嘢」的十個發現

- 1 • the first **24/7** operated online-crisis support service 香港首個全天候**24小時**網上情緒支援平台
- 2 • Counsellors served more than **19,800** cases 服務了多達**19,800**的個案
- 3 • Over **25,000** hours of online service 服務時數高達**25,000**小時
- 4 • Exceeded **1.4 million** messages 接收了超過**140多萬**條訊息
- 5 • Over **9,500** youths used Open Up 服務了超過**9500**名求助者
- 6 • Majority of messages consisted of less than **9** words while the longest message has over **2,000** 大多數的訊息含少於**9**個字，而最長的訊息有超過**2000**字
- 7 • There are more **female** than male 女性使用者比較多
- 8 • The top 2 concerns have been about **relationship** and **mental health** issues 最多服務使用者關注的是**人際關係**及**精神健康**的問題
- 9 • The popular hours for youths online chatting is from **8pm to 12 midnight** 較受歡迎的時段為**晚上8時到午夜12時**
- 10 • Youths come because they feel “**comfortable** chatting online than talking to someone in person or on the phone” 年青人使用原是因他們認為「在網上聊天比面對面聊天更**舒服**」

Jockey Club Online Youth Emotional Support – Open Up 賽馬會青少年情緒健康網上支援平台「Open嘢」



全天候24小時，網上情緒支援平台。

hkopenup 🔍

 91 012 012  www.openup.hk

Funded by:



Organised by:



「Open嘢」義工分享

Sharing of Open Up Volunteer

麥詠宜(Denise)

DJ以外的一個身份—
「Open嘢」義工



義工招募

Volunteer Recruitment

關於我們 知識大存庫 身心靈貼士 **義工招募**



我們相信每個人都會經歷高山低谷的時候，感到困擾時總希望身邊有人明白自己。「Open嘢」是一個全天候24小時網上情緒支援平台，聆聽年青人的心聲，陪伴他們走過每一個低谷。

您同行和陪伴的力量，令年青人不用孤單一人去面對困難。我們誠意邀請您成為我們「Open嘢」的一份子。義工不只是付出時間，也是一種學習，更是一種承諾。有您的付出和協助，我們才能完成更多。

如您願意成為我們平台的義工，可到以下連結了解更多資訊。

Open嘢網上輔導培訓資訊

<https://www.openup.hk/volunteer.htm?lang=zh-Hant>



情緒支援小提示

Emotional Support Tips

關心自己 Self-care

- 先要關顧自己身心狀態
Take care of yourself before everything else
- 面對大量資訊和情緒的負荷，允許自己透一透，暫時遠離
When face with too much negative information and mental stress, step aside and recharge yourself
- 讓自己用安全的方法，於安全場景抒發內心的情緒，如喊、大叫、寫低感受
You can set yourself free from any inner stress in a safe way and place, like crying, screaming or writing
- 一般壓力情況會於2日至4星期內隨時間減退及舒緩。當自己或身邊人感覺好辛苦撐唔住時，嘗試搵專業人士幫手
Emotional distress normally subsides within 2 days to 4 weeks. If you still find yourself or someone close to you still suffering, seek professional assistance.

關懷他人 Care for others

- 聆聽及回應對方的感受和情緒 Listen and be empathetic to others feelings
- 讓對方感受到你願意陪伴及同行 Let others know that you are there for them
- 避免爭論 Avoid confrontations
- 如有需要，可提供其他支援服務資訊 Provide other service support information as needed

THANK YOU

Q &A